

# Find Your Freedom from Smoking



## INFO

Take the first step toward a smoke-free life with

### **FREEDOM FROM SMOKING® ONLINE.**

The American Lung Association's free online program helps you to quit at your own pace by logging on to the quit-smoking program wherever and whenever you choose.

## Quitting Smoking Makes Common Sense

*Not just for your health, but for your budget and lifestyle too.*

While the state contends with mounting budget shortfalls and is forced to impose cost savings measures where ever possible, all Californians find themselves subject to the ripple affects in our personal lives. In today's depressed economic environment, many of us are evaluating how and where to spend extra cash, if any.

### The Common Cents of Quitting

The fact is, smoking is expensive and quitting can actually save households a lot. But when people consider the cost of smoking, they usually calculate only the cost of the cigarettes they smoke - which can add up to \$1,500 a year depending on the severity of the habit. Use [this calculator](#) to see how much you can save.

### The Hidden Costs of Smoking

When you look beyond the cost of the pack of cigarettes and incorporate all the other monetary costs associated with smoking, you begin to see smoking is a huge drain on ones personal finances. The totality of costs associated with smoking is more than just the cigarettes themselves - there are numerous [hidden costs](#) that most people fail to consider.

## [californialung.org/dpa](http://californialung.org/dpa)

### Events

#### [Fight for Air Climb](#)

San Francisco - March 27, 2010

#### [Fight for Air Climb](#)

Los Angeles - April 24, 2010

#### [Healthy Air Walk](#)

Bakersfield - April 10, 2010

#### [Healthy Air Walk](#)

Sacramento - June 5, 2010

### Resources

Cost of Smoking Calculators:

<http://www.chantix.com/calculate-savings.aspx>

<http://www.csgnetwork.com/smokingcostcalc.html>